



# DENGUE

The **culprit** could be BREEDING in  
your neighbourhood!



CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY



## Facts about Dengue

- Dengue Fever is a severe, flu-like illness characterized by high fever, severe bodyache and intense headache.
- Dengue fever can be caused by any one of the four types of dengue viruses: DEN-1, DEN-2, DEN-3 and DEN-4.
- Infection with one virus does not protect a person against infection with another.
- A person can be infected only once by the same type.
- It is also called 'Break bone fever' or '*Haddi tod bukhar*' because of severe bodyache and joint pains as one of its characteristic features.
- The fever is more severe in children.

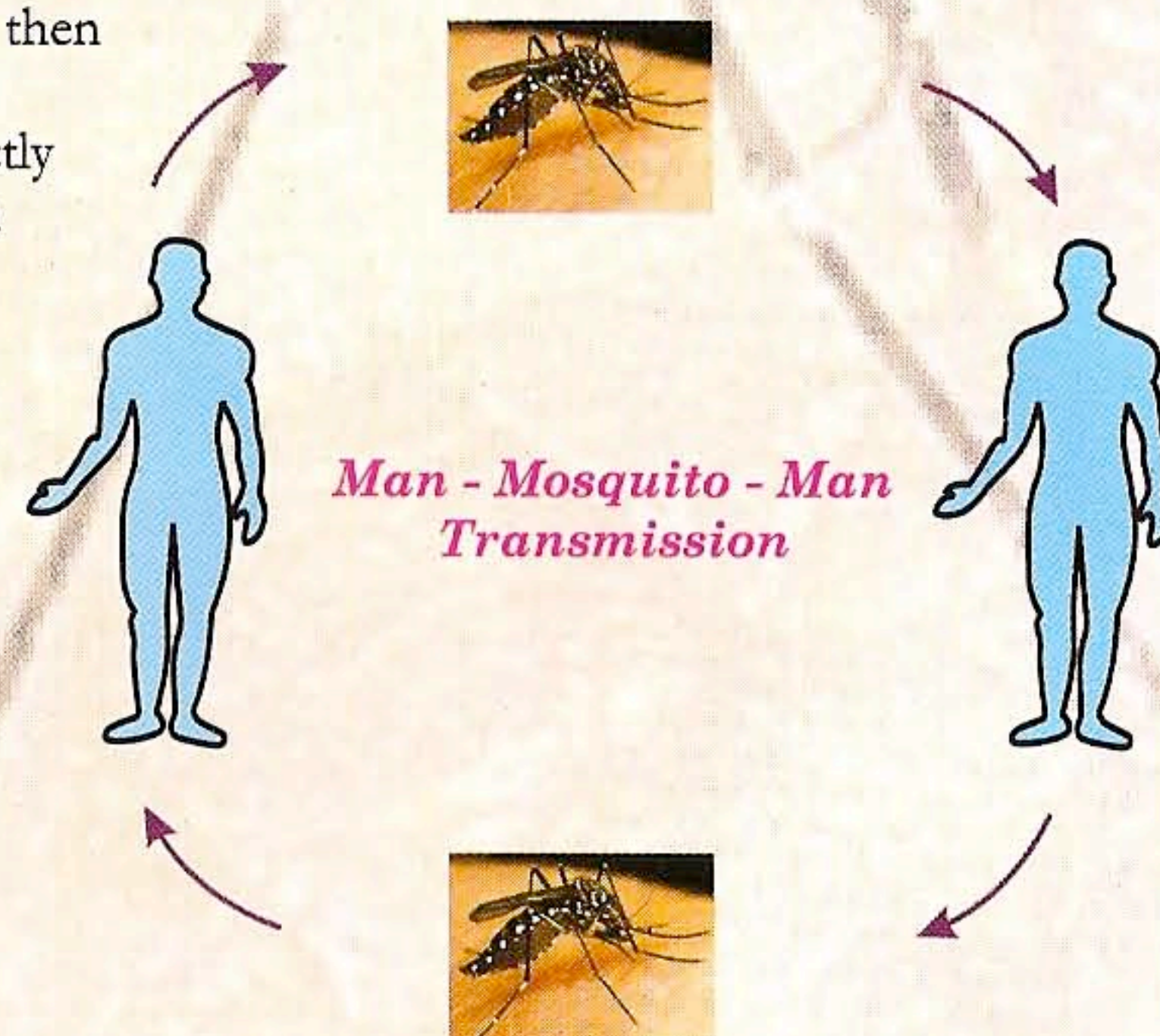
## How it Spreads



- Dengue is transmitted by the bite of an infected Aedes Aegypti mosquito.
- It is a small, black mosquito with white stripes and is approximately 5 mm in size.
- The mosquito breeds during rainy season and immediately after that (July to October) in India.
- It can also breed in water-filled flower pots, discarded tyres, old broken pots and water storage containers.
- Mosquitoes causing Dengue bite during the day.

## How does one get affected with Dengue

- The mosquito transmits the disease by biting an infected person and then biting a healthy one.
- The virus cannot spread directly from person to person but an infected person can be a source of dengue virus for mosquitoes for about 6 days.
- Person develops disease after 3-14 days (usually 4-7 days) of being bitten by an infective mosquito.
- The entire duration of classical dengue fever is 5-7 days, after which the patient recovers.



## Types of Dengue

It occurs in two forms:

- Classical Dengue Fever
- Dengue Haemorrhagic Fever or Dengue Shock Syndrome

## Symptoms of Classical Dengue Fever

- Sudden onset of high fever with chills
- Severe muscle and joint pains
- Severe frontal headache
- Pain behind the eyes which worsens with eye movement
- Extreme weakness and loss of sense of taste and appetite
- Pain in abdomen with nausea and vomiting
- Patient generally feels very sick and depressed
- Typical pinkish red rash in the form of diffuse flushing, mottling or pinhead eruptions on body (except face), 3-4 days after fever begins



*A child suffering from Dengue fever*

## Dengue Haemorrhagic Fever (DHF)

Dengue Haemorrhagic Fever (DHF) should be suspected if one or more of the following symptoms appear, besides the above mentioned symptoms of Classical Dengue fever:

- Bleeding in the form of petechiae, which appear as dark bluish black patches on skin (of pin head size or larger)
- Easy bruising
- Bleeding from nose, mouth or gums
- Blood in the vomited matter or in stool

## Dengue Shock Syndrome (DSS)

This form of dengue fever can be life-threatening or even fatal. Apart from all other symptoms mentioned above, the patient may develop the symptoms of shock which are as follows:

- Extreme restlessness
- Pale, cold or clammy skin despite high fever
- Dry mouth with much thirst
- Rapid weak pulse and low blood pressure
- Patient may start losing consciousness

## General management of Classical Dengue fever:

- If fever is more than 102°F, carry out hydrotherapy to bring down the temperature.
- Drink plenty of fluids, shikanji (lime water), etc.
- Take sufficient rest
- Continue normal feeding
- Protect yourself from mosquito bite. This will not only keep you away from this infection, but also, in turn, prevent others from catching this infection

**Note:** Symptoms of DHF and DSS need urgent medical attention. If any of the symptoms indicative of DHF or DSS develop, rush the patient to the nearest hospital at the earliest for appropriate investigations and treatment.





## Patients with Dengue hemorrhagic fever may need

- Replacement of lost fluids.
- Transfusions of platelets (a kind of blood cells which become low in DHF and DSS) to control bleeding

## Prevention

Prevention of dengue fever can broadly be classified into two:

1. Preventing breeding of Aedes mosquitoes
2. Protection from Aedes mosquito bite

## Common sites of breeding of Aedes mosquitoes

Water cooler



Unclean ponds and other water bodies



Water collected in open vessels



Garbage



Old and discarded tyres



Dirty water

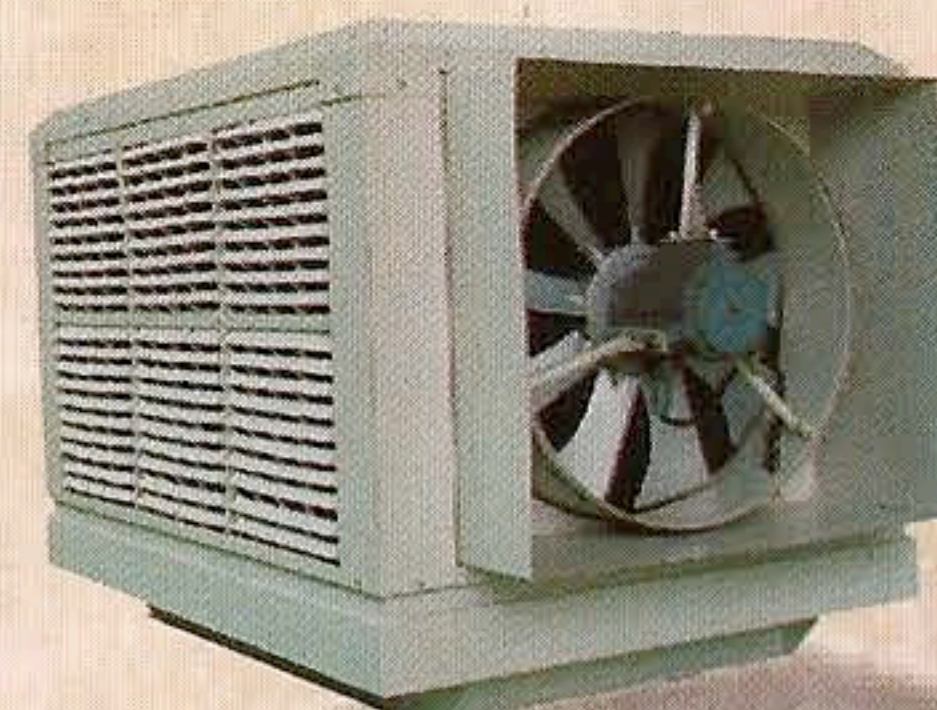


## Protection from Aedes mosquito bite

It is important to remember that Aedes mosquitoes bite even during daytime and hence precautions should be taken against their bite during day time also.

## DOs

- Remove water from coolers and other small containers at least once in a week
- If it is not possible to completely drain the water off from room cooler, water tanks etc., put about two tablespoons (30 ml.) of petrol or kerosene oil into them for each 100 litres of water. This will prevent mosquito breeding



Empty the cooler regularly

OR



Add kerosene oil to disinfect the cooler



- Discard items that can collect rain or run-off water, especially old and discarded tyres, broken pots, etc.

- Prevent entry of mosquitoes into the house.
- Use screen on doors and windows.
- Keep unscreened doors and windows closed.



Screened door



- Let the spray workers conduct the spray, whenever they come to spray your house. It is in your own interest to get the house sprayed

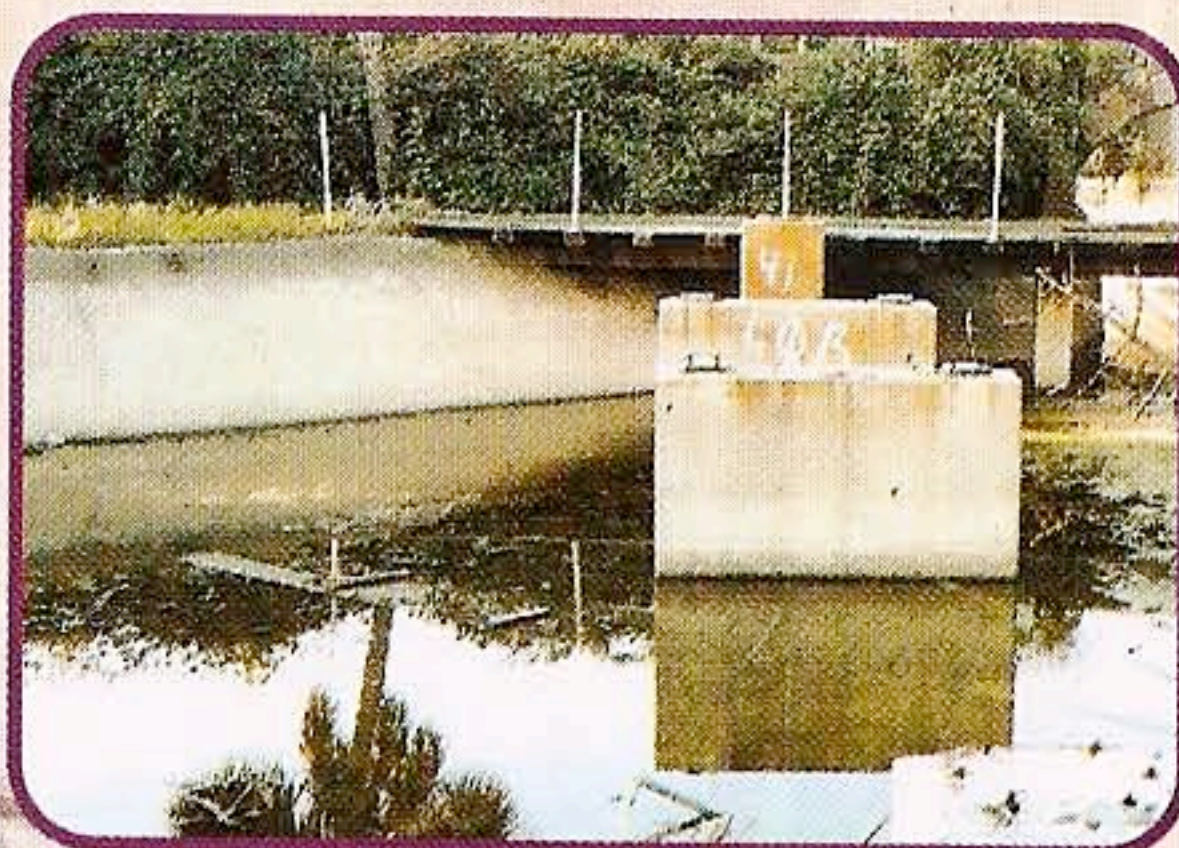
- Use mosquito nets, mosquito repellent creams, liquids, coils, mats etc., even while sleeping during day time.





## DON'Ts X

- Do not allow water to collect around homes to eliminate mosquito-breeding site.



- Do not wear clothes that expose arms and legs



- Do not let the garbage collect near house



- Do not allow children to play outdoors in shorts and half/without sleeves clothes



## What can Homoeopathy do?

Following are the commonly used homoeopathic medicines for Dengue fever. However, it is advised that a qualified homoeopathic doctor should be consulted for proper treatment and care.

### SYMPTOMS

- Usually taken during early stage of fever
- High fever with redness of face
- Severe headache
- Great anxiety and restlessness
- Cold sweat with icy coldness of the face
- Profuse sweat relieves the symptoms
- Thirst for large quantity of water at frequent intervals
- Intense headache, especially at temples, with sensation as if head would burst
- Sharp pain in eyes
- Sensation of fainting on rising up
- Dry mouth with tongue coated white in the middle
- Thirst for large quantity of water at long intervals
- Pain in joints, worse during motion and better during rest
- Chills preceded by intense thirst
- Great soreness and aching in bones
- Nausea and vomiting at the end of chill or hot stage
- Sweating relieves all the symptoms except headache
- Soreness and bruised sensation in whole body
- Severe aching of limbs and bones which is worse during rest and better while moving around
- Chilliness with sensation as if cold water is poured on the body
- Extreme restlessness with continuous change of position
- Loss of appetite with no liking for food
- Great thirst with tongue dry and red on the tip

### MEDICINE

Aconitum napellus 30

Bryonia alba 30

Eupatorium perfoliatum 30

Rhus toxicodendron 30



## How to select the medicine?

To pick the right medicine, match the symptoms of the medicines given in the handout, with the problem you are suffering from. The medicine with majority of symptoms similar to yours will be the right choice for you.

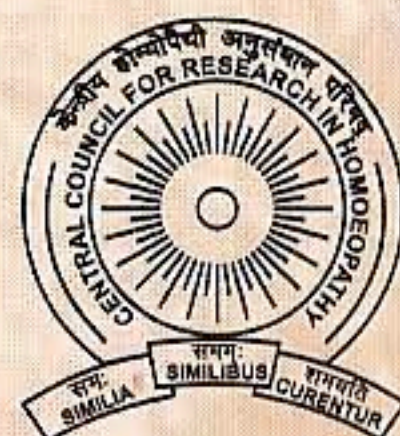
## DOSE

**Children:** 3 to 4 globules (Size No. 20), 3-4 times a day, for 2 to 3 days.

**Adults:** 6 to 8 globules (Size No. 20), 3-4 times a day, for 2 to 3 days.

## General instructions

- Medicine should be taken after cleaning the mouth and preferably in empty stomach.
- Strong smelling substances like onion, garlic etc. should not be taken within half an hour before and after taking the medicine.
- The medicine should not be taken if the white globules turn yellow.
- Homoeopathic medicines act better in patients who are not addicted to tobacco products. It is, therefore, advisable to restrict the use of cigarette, bidi, paan masala, alcohol, narcotics, etc. when one is under homoeopathic medication.
- If improvement occurs within 2-3 days, then medicine should be stopped.
- If patient doesn't improve within 48 hours or becomes worse at any time, then a qualified homoeopathic doctor should be consulted.
- During homoeopathic treatment, no other medicines should be taken, unless suggested by a qualified homoeopathic doctor.
- Keep the medicines:
  - Away from strong smelling substances like camphor, menthol etc.
  - In a cool, dry place away from direct exposure to sunlight.
  - Away from the reach of children.



## CENTRAL COUNCIL FOR RESEARCH IN HOMOEOPATHY

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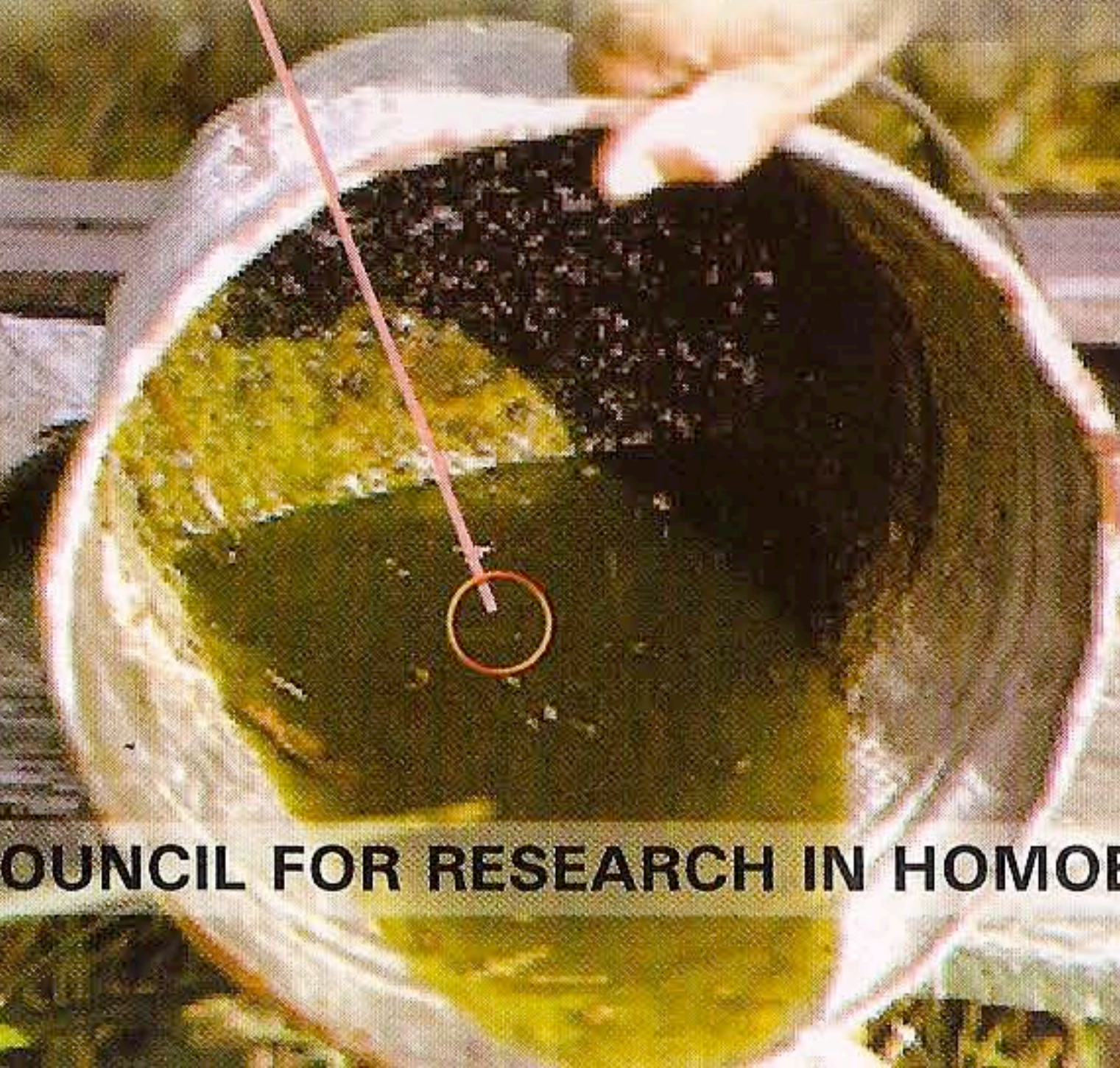
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